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country where they sell for money only, the accommodation which the sufferer from tuberculosis seeks. Boarding-houses seem to be as thick in Colorado as mosquitoes in Jeresy, moreover the boarding-house keeper seems to regard the Eastern health-seeker as much his lawful prey as the mosquito does any hapless alien who wanders within his reach. The author sounds a note of warning against the wrong kind of physician. Doctors there are in plenty and he advises that every patient going West arm himself with a letter to a reputable physician, otherwise he may fall into the hands of a "fake doctor," as he found that this class existed in large numbers and did a flourishing business. Besides a good bit of advice to those who go West the book has considerable to say to those who stay East and endeavor to regain health by carrying out the directions for outdoor life, etc.; upon the whole one would conclude that the author rather advised "chasing the cure" in the familiar precincts of one's own home. Here he is sure of the sympathy and coöperation of every one about him, and the most dreadful feature of the Western cure is eliminated, the feeling that one is a social outcast and only tolerated for the money he can put up. The cover bears the following words from Robert Louis Stevenson:

"Now do take warning by me. I am set up by a beneficent providence at the corner of the road to warn you to flee from the hebetude that is to follow. . . . So remember to keep well; and remember, rather anything than not to keep well; and again I say, rather *anything* than not to keep well."

THE REGISTER OF FOODS. By P. W. Goldsbury, M.D. Whitcomb & Barrows. Price \$1.00 net.

THIS is not a book, but a chart, of food values, printed in five colors on heavy cardboard, size 13½ x 19 inches. The chart is divided by a scale giving the percentage of the principal chemical elements of the foods in ordinary use, with the full value of the same given per pound. By the aid of this chart it should be a comparatively easy matter for a student of dietetics to compute the quantity and kind of food necessary to any stated case. A glance is all that is needed to obtain a rough estimate of any given article's food value, as the colors are vivid and instantly reveal what is to be shown.